



Cochise County Health and Social Services

Public Programs...Personal Service
www.cochise.az.gov

*** * * MEDIA RELEASE * * ***

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Date: November 1, 2016

FOR IMMEDIATE RELEASE: *PROTECT YOUR FAMILY AND YOUR COMMUNITY BY GETTING A FLU SHOT*

Flu Season Has Arrived

As leaves turn color and days become shorter, flu season is getting under way which means it is time to think about getting a flu shot. Flu is a contagious respiratory illness caused by viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu shot every year.

Practically Everyone Should Get a Flu Shot

The US Centers for Disease Control and Prevention strongly recommend that everyone six months and older get a flu shot each year. Additionally, it's especially important that certain people get vaccinated either because they are at higher risk of having serious flu-related complications or because they live with or care for people at higher risk for developing flu-related complications.

People at a higher risk include:

- Children younger than 5 (especially children younger than 2 years old)
- Adults 65 years of age and older
- Pregnant women
- People who have medical conditions including:
 - Asthma
 - Neurological conditions
 - Chronic lung disease such as chronic obstructive pulmonary disease (COPD) and cystic fibrosis
 - Heart disease such as congenital heart disease, congestive heart failure and coronary artery disease
 - Blood disorders such as sickle cell disease
 - Diabetes

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Bisbee - Main Office
1415 Melody Lane, Building A
Bisbee, Arizona 85603
520-432-9400
520-432-9480 fax
health@cochise.az.gov

Benson
126 West 5th Street
Benson, Arizona 85602
520-586-8200
520-586-2051 fax

Douglas
1012 North G Avenue
Suite 101
Douglas, Arizona 85607
520-805-5600
520-364-5453 fax

Sierra Vista
4115 East Foothills Drive
Sierra Vista, Arizona 85635
520-803-3900
520-459-8195 fax

Willcox
450 South Haskell Avenue
Willcox, Arizona 85643
520-384-7100
520-384-0309 fax

- Kidney disorders
- Liver disorders
- Weakened immune system due to disease or medication such as people with HIV or AIDS, cancer, or those on chronic steroids
- People who are morbidly obese

Other people for whom vaccination is especially important include those who live in nursing homes or other long-term care facilities, health care workers, and household contacts of persons at higher risk for complications from the flu.

Where To Get a Flu Shot

Flu shots are available at many physicians' offices and pharmacies throughout Cochise County. In addition, flu shots will be administered at all regular Cochise Health and Social Services immunization clinics. Walk-in flu clinics are being held at the following locations for adults and pediatrics.

Bisbee Clinic 1415 Melody Lane, Building A 520 432 9400	November 17: 9am-11am / 1pm-3pm December 16: 9am-11am / 1pm-3pm
Sierra Vista Clinic 4115 Foothills Drive 520 803 3900	November 9: 9am-11am / 1pm-3pm December 2: 9am-11am / 1pm-3pm
Willcox Clinic 450 S. Haskell Avenue 520 384 7100	November 3 & 21: 9am-11am / 1pm-3pm December 16: 9am-11am / 1pm-3pm
Douglas Clinic 1012 G Avenue 520 805 5600	November 17: 9am-11am / 1pm-3pm December 22: 9am-11am / 1pm-3pm
Benson Clinic 126 W. 5 th Street 520 586 8200	November 29: 9am-11am / 1pm-3pm December 13: 9am-11am / 1pm-3pm

Please call your local clinic for possible scheduling alternatives.

The cost of the shot is \$25 for adults and free for un- or under-insured children and adults. Private insurance may be billed for insured children. CHSS will bill for adults covered by traditional Medicare insurance. CHSS is not contracted to bill Medicare Advantage and private insurance companies for adults, so those patients will be responsible for the \$25 cost. Note that no patients will be turned away due to lack of ability to pay.

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About Cochise Health and Social Services

On behalf of the Board of Supervisors, Cochise Health and Social Services promotes health and quality of life for all Cochise County residents through community partnerships, education, service, and leadership. For more information, including recent media releases, please visit our website at <https://www.cochise.az.gov/health-and-social-services/home>.

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